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AUSTRALIA

ISSUE 48 JULY 2015

RENEE SOMERFIELD

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IRRESISTIBLE WOMAN
ON INSTAGRAM

PAGE 36

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**TWO GIANT
FOLD-OUT POSTERS:**

RENEE SOMERFIELD
PHOTOGRAPHED BY
BONNIE CEE

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EDITOR'S NOTE

POWER encompasses numerous meanings, such as: 1. the ability to do something effectively; 2. to move or travel with great speed or force; 3. the capacity to direct or influence the behaviour of others or the course of events; 4. supply (a device) with mechanical or electrical energy; 5. Physical strength or force exerted.

Power defines this issue.

Whether it's the latest robust and high-tech products ever devised (page 18), a lesbian sleuth on a teen drama (played by sexy *Pretty Little Liars* star Shay Mitchell, p12), an iconic big-screen action man with over 40 films under his belt (Dolph Lundgren, p34), a multi-talented Cirque du Soleil performer's workout regime (Jean-Marc Agbogba, p46) or a Russian beauty rebranding the AK-47, the world's most popular automatic weapon, as an instrument of peace (p48) - power is evident in this edition. It's also apparent in our cover girl Renee Somerfield (pictured above), a stunning Australian swimwear model who recently cracked one million followers on Instagram and this month scores her third MAXIM front page.

We sometimes hear a not-so-wise rapper wax lyrical with: "No one man should have all that power". But then again, Kanye West has voiced a lot of superfluous tripe over the years. Don't believe his hype - making an allowance for the aforementioned content, power can be a positive thing of beauty. Go and get yours. Until next month, enjoy and keep reading.

Cheers,
Santi
Editor-in-Chief



ASK THE GRILL TEAM



The trio from Triple M's Grill Team in Sydney - Gus Worland, Mark Geyer, and Matty Johns - answer a tough topic each month

THIS MONTH: WHAT ARE THE PROS AND CONS ABOUT SOCIAL MEDIA?



GUS: I love the community feel social media has. Many of the teams I support around the world have accounts and it's great getting involved in the chats. Plus, all my big sporting heroes are on there and you feel really close to them. The cons? Having to block the trolls!



MG: The pros are that we can expand our audience with the radio show, which is great. However, with this come the cons by way of the trolls who like to give you what for. Instagram is probably the lesser of the social media evils as there's not much opportunity to troll.



Matty: I don't go on social media but we actually like setting records here at The Grill Team and Gus Worland actually holds the record for the most blocked person on social media for trolling people.

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AS THE WORLD'S
MOST ALLURING
LESBIAN SLEUTH
ON THE CULT-SMASH
PRETTY LITTLE LIARS,
SHAY MITCHELL IS
CHANGING THE FACE OF
TV — ONE TWEET AND
INSTAGRAM AT A TIME



SPOTLIGHT

THIS PAGE:
SWEATER, **RALPH
LAUREN**; LINGERIE,
L'AGENT BY AGENT
PROVOCATEUR

PREVIOUS SPREAD:
BRA, **ALEXANDER
WANG**; NECKLACE,
HELEN FICALORA



HAY MITCHELL IS ABOUT TO DESTROY me completely with a single tap on her iPhone. The woman who plays the delectable lesbian next door on the most tweeted-about series in television history just accepted my invitation to see who could get more action on our social media feeds over the course of our time together.

Just looking at her tells me I'm a goner. The star of *Pretty Little*

Liars, a cult-smash cable crime thriller about a group of mean-girl high school vixens tormented by a web of cyber threats, dark hoodies, darker secrets, and outrageous murders, arrived at a Los Angeles art museum on this rare rainy day dressed like the planet's hottest secret agent – complete with a short-short trench coat, her pink cashmere thumb sleeves tantalisingly peeking out. There's stretchy black denim underneath, knee-high riding boots, an adorable pink umbrella. Right on the nose for a girl who is famous as the most desirable DIY sleuth to ever wind up on America's ABC Family network. My pathetic selfie is out-favored the very moment Mitchell's glorious pic hits Instagram. "Whoa, this is kinda crazy," she says as more than 1,000 likes register under her photo in less than 60 seconds. Yes, 1,000. @Shaym can dominate you like that.

At 27, she spreads her seductive magic in so many ways and via so many platforms – on TV; in print as a model; on her YouTube channel; with her lifestyle blog, charities, and endorsements; and via Facebook and Instagram – she seems like an entirely new kind of celebrity life form. Too alluring and ambitious to stick merely to one screen, Mitchell sucks you in to them all. As we enter a gallery of Picassos, she snaps a shot of a reclining nude even after a uniformed guard announces that photos aren't allowed. "I really like taking risks," she whispers, gazing with a head tilt at the painting: a masterwork of cartoonishly large breasts floating over a disembodied vagina. Mitchell flips back her chestnut hair and grins. "Poor woman," she says. "Picasso obviously did this way before Photoshop."

THE PATH TO BECOMING A GODDESS OF ALL MEDIA BEGAN WITH A COLLAGE IN HER childhood bedroom back in Canada. Everything young Shannon Ashley Mitchell craved was thumbtacked up there: the Hollywood sign, glittery gowns, red carpets, a white Range Rover. "I always had this idea that if you fantasised about something enough, it would come true," she says. Guess whose top-of-the-line white Range Rover is parked out front today?

Mitchell grew up the elder of two siblings in Toronto and Vancouver with her mum, who's Filipino, and her dad, a financial planner who has roots in Ireland and Scotland. She started dancing at age five, and by her early teens, modelling agents were elbowing each other aside to sign her to a contract. Mitchell isn't coy about her determination to succeed. "Friends of mine would say, 'Shannon's gonna take over the world or die trying.' Because that's what I always talked about."

As a young model, Mitchell contorted in bikinis for a few years on beaches in Thailand and atop skyscrapers in Hong Kong but ultimately grew restless. "A beautiful photo is amazing, but just walking into a room and being judged on your physical appearance, without being able to be yourself, or even say anything – that was very frustrating to me."

A phalanx of field-tripping third graders glances our way as we stroll into a roomful of pop art. But it's their young female teachers who get that starry, dumbstruck gleam of recognition in their eyes. To say that *Pretty Little Liars* is popular among a wide swath of millennial women (along with ever-increasing numbers of their male counterparts) is like saying the Pope is trying to make a few changes in Rome. Now in its fifth

season in the States, *Liars* is usually the most-watched cable program in its time slot. Most impressive, it consistently gets more Twitter love than any other scripted show *ever* – certainly helped along by the relentless social media activity of its stars. The season-four US finale, in 2013, generated a mind-blowing 70,000 tweets per minute during the last scenes, setting an all-time record.

Mitchell is a huge part of the draw, due largely to her character's story arc of a beloved star swimmer coming to grips with her sapphic nature. For the record, she is straight (and temporarily single) in real life. But her TV character, Emily Fields, is the über-darling of the (substantial) pretty-little-lesbian dating pool in fictional Rosewood, Pennsylvania. Em has a knack for showing up in a locker room just as a nubile friend tosses off a towel and leans in for a caress.

"People ask me what it's like kissing a woman, as if there's something awkward or weird about it," Mitchell says. "I completely embrace it. When I step into Emily's Converse, I'm truly in the moment, and I'm fully attracted to the women I'm fooling around with. I'm not Shay when I'm doing that scene; I'm Emily."

Mitchell is comfortable with the fact that her make-out scenes are the likely draw for a majority of the show's male viewership. She explains it like this: "It's sexy because two beautiful girls are softer, more sensuous, slower, and also sort of educational. Guys watch because they like to learn from it. It's like, 'Hey, what's she doing to that other girl's body that I might want to try?'"

MITCHELL USED TO BE A BOTTLE-SERVICE WAITRESS IN SOME OF THE MOST EXCLUSIVE VIP rooms in Canada, amid the velvet ropes, the microminis, the \$1,000 tips, the blatantly philandering pro athletes ("and the regular dudes who acted like them"). It's where she learned everything she needs to know about the dirty secrets men keep to themselves. "It made me realise that I don't want a guy unless he's mine and mine alone," she says. "I want eye contact, phones face down on the table. If there's something in the room that's more interesting than me, why are we even pretending?"

It's part of her larger worldview: a heavy dose of upbeat, can-do individualism, just the thing for a girl who grew up listening to Tony Robbins' self-help CDs. "Two-thousand fifteen is going to be the biggest year yet. I can feel it," she says. *Pretty Little Liars* is confirmed for two more seasons, and the audience and buzz continue to grow. Mitchell's

blog, Amore & Vita, is now a booming online fashion boutique. She has a slew of movie offers, and her new YouTube lifestyle channel drew 100,000 followers in its first 24 hours.

Speaking of numbers, Mitchell lets out a compassionate sigh when I ask if we can check the totals on our friendly Instagram battle. I'm not completely appalled to discover that my photo garnered 14 likes in the hour since it posted (at least it wasn't zero) As Mitchell checks her stats, her smoky eyes communicate something between "I'm sorry" and "Prepare yourself, bro." And then she hits me with the results: 71,500. When I check a few hours later, it's more than 150,000. By evening, it's 236,397.

Then again, what's not to like? ■

**"PEOPLE ASK
WHAT IT'S LIKE
KISSING A
WOMAN, AS
IF THERE'S
SOMETHING
AWKWARD
OR WEIRD
ABOUT IT."**





BOTTOMS, **SAMANTHA
CHANG**; NECKLACE,
JENNIFER ZEUNER

STYLIST, **MICHELA BURATTI** AT ART DEPARTMENT;
STYLING ASSISTANT, **BO KELLY SUH**; HAIR, **RIAD AZAR**
AT ATELIER MANAGEMENT USING **ORIBE** HAIR CARE;
MAKE-UP, **CARLENE K** USING **MAKE UP FOR EVER**
AT **CROSBY CARTER** MANAGEMENT; MANICURE, **MAR
Y SOUL** FOR **CHANEL LE VERNIS** AT **RAY BROWN PRO**

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BY BILLY BROWN & CHRIS STEAD

THE SIX-FOOT CHAIN SAW

Forget HGH: The ultimate testosterone boost comes from slicing through a mile-high oak with a screaming chain saw. Packing an 8.6-hp engine, the 9kg **Stihl MS 880 Magnum** is the fiercest commercial model around, able to chew through any trunk in its path. When fitted with a 59-inch blade, this gas-powered fella can slice through trees up to 1.5 metres thick – in little more than a single swipe. Wield it and you'll become so power mad you won't stop until you clear-cut the backyard. Be warned: Anti-vibration tech reduces the shakes, but all that oomph still makes it kick like an ill-tempered bull. www.stihlusa.com





THE LONG-RANGE CROSSBOW

Talk about overkill: Firing bolts at speeds upwards of 130 metres per second, the **Scorpyd Velocity Crossbow (165# draw)** is powerful enough to take down a 12-point buck from 183 metres. It's all thanks to the weapon's massive 52cm pull-back distance (most are set at 25cm to 35cm) and proprietary Reverse Draw technology, the latter of which not only increases power but also ups accuracy and balances the crossbow's weight. Only the strong (and slightly psychotic) need apply: Cocking this zombie-killer is akin to pulling 75kg. www.scorpyd.com

THE FIRE-STARTING FLASHLIGHT

Put down that pathetic hand torch. Packing a cornea-sizzling 4,100 lumens, the **Wicked Lasers Flashtorch** is bright enough to illuminate the road ahead – and incinerate anything in your path. At its highest setting, the 29cm rechargeable light's beam can be seen 365 metres away and is intense enough to fry an egg in a few minutes. Need to start a fire? Its halogen bulb burns so hot, it can melt or spark whatever it touches. The Flashtorch's stay-cool aircraft aluminum body keeps your hands from searing; a switch lock ensures it won't accidentally turn on and set your backpack ablaze. www.wickedlasers.com



THE SUPER-ZOOM CAMERA

A vast improvement on its predecessor, the **Canon Powershot SX60 HS** is halfway between a compact and an SLR and is notable primarily for its incredible zoom range. The 21-1265mm lens starts at the widest angle in its class, and is competitive on its maximum zoom. Plus, it has a solid 3.4 to 6.5 focal length to provide good depth of field. The 16MP lens is supported by 1080p video recording at 60fps (now with mic input), while improvements to the processor and sensor create better low light images. The design has been tweaked for greater usability, and the overall build quality is excellent. A companion app allowing you to control zoom and shutter from afar, is a nice touch, too. www.canon.com.au



THE 160KM/H REMOTE- CONTROLLED TOY CAR

Never mind that it's just 69cm long and operated by remote control, the **Traxxas XO-1** could compete in the Grand Prix, going from zero to 100km/h in 2.3 seconds and hitting top speeds of more than 160km/h. The plaything is so quick, in fact, that it's the first RC car to have a functional air-management system (including a diffuser and splitter), so it can whip around the track without launching into the stratosphere. Your move, Hot Wheels. www.traxxas.com





THE EXTREME BLENDER

As the promotional video for this blurts, the **The Waring Xtreme Blender** is "As big a motor as you can get before the lights in your kitchen start to dim." It can go from zero to thick-shake in seconds as the powerful motor works in sync with a unique steel alloy blade design that compresses, shears and even hollows out foods as well as your typical cutting. Basically, it's designed to tackle anything you can throw at it and is capable of shredding wood, let alone a banana. The fluid flow system which guides the contents down the centre of the jug (before being eviscerated and spat out to the sides so it can circle back to the top) is not only superb but also essentially viewing. www.waringcommercialproducts.com

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Devindra Hardawar, *ENGADGET*



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The **Kawasaki Ninja H2R** makes every other motorcycle feel like a Razor scooter. It's the fastest production bike ever made, a finned, feral madman's fantasy with a 300-hp engine lurking beneath its frame. Kawasaki's aerospace division endowed the track-specific bike with its sharpened body (including a set of winglets that maintains stability when you're screaming around the course at a cheek-puckering 300-plus km/h); jet-turbine engineers helped design the engine's centrifugal supercharger. That kick in the arse is what transforms the H2R from a race-ready superbike into a two-wheeled rocket that just happens to seat a (very ballsy) human being. www.kawasaki.com.au

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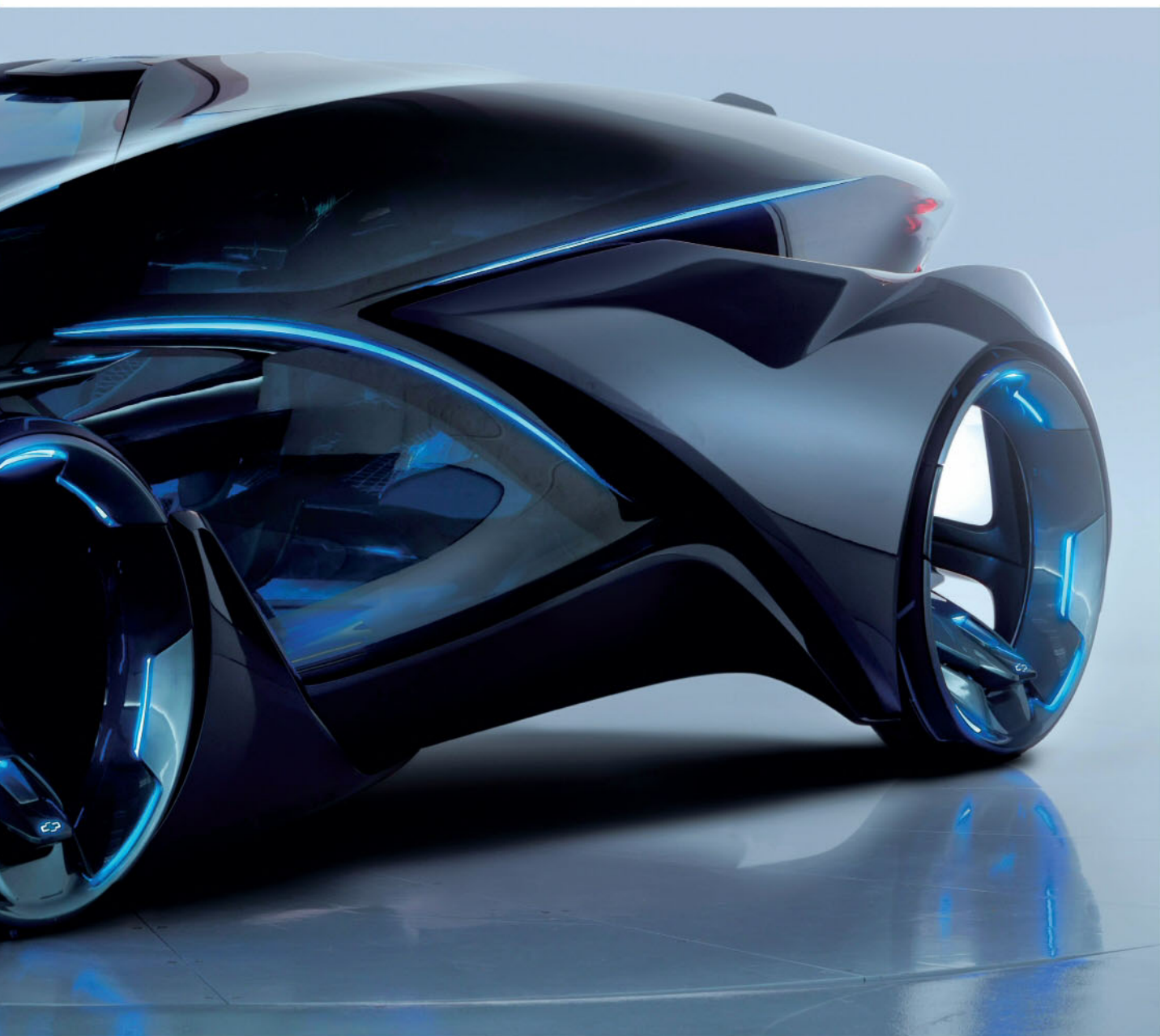


Chevrolet FNR Concept

BY **BILL VARETIMIDIS**

If the guys at General Motors have their way with future design, all self-driving cars will be as easy on the eye as they are on the feet. The first example in the driverless game is the Chevrolet FNR, an autonomous electric concept designed by the GM Pan Asia Technical Automotive Centre (PATAC) in Shanghai – which cleverly utilises networking technology all while looking like every Batmobile and Lamborghini ever made. To accomplish this they start with a huge glass capsule, add crystal laser headlights and taillights, then attach the dual swing 'dragonfly' doors. Ride-wise, it runs via electric motors in the magnetic hubless wheels and instead of keys, starts with eye recognition – while sensors, a roof-mounted radar, and an artificially intelligent personal assistant determine the best route to the shops. Not all involvement is lost though, you can drive the car yourself with gesture control while resting on the 180 degree swivel front seats. Just don't go swivel-crazy – even future laws will require drivers be alert should the auto pilot get glitchy and decide to play with oncoming traffic. For now, it's too pricey for Chevy to manufacture, and Google's self-driving cars are threatening with production – although comparing both on style would be like comparing a supermodel to a camel turd.





2016 Koenigsegg Regera

Whether it's due to their emphatic obsession with speed, their ignorance of industry norms, or just those long-arse Swedish winters – Koenigsegg have once again redefined how to go off the Richter. While the 2016 Regera is one sexy, organically designed hybrid, they aren't calling it one because company founder Christian Von Koenigsegg is not a fan of hybrids. In truth it is a plug-in hybrid, like a Prius, and faster than anything that doesn't leave the planet's atmosphere. OK, perhaps it's not like a Prius at all. One thing it is, is quick. And just in case the familiar twin-turbo V8 wasn't enough, the Koenicrew have plugged in three electric motors, one to power the crankshaft and two to drive a wheel hub each; meaning no four-wheel drive mess: just a straight up testosterone inducing rear-wheeler. In place of a conventional clutch and gearbox is a direct drive hydraulic coupling. In fact, hydraulics are everywhere, from the active suspension, to the rear wing; to the doors, bonnet, and engine cover – all of which can be activated through key fob or smartphone. The Regera (Swedish for 'reign') will come in 80 samples; chosen specifically because 80 symbolises domination and achievement in Pythagorean numerology. But you knew that already, of course.



ENGINE
Twin-turbo 5.0 litre V8
(with three electric motors)
TRANSMISSION
Direct drive
POWER
1118kW
TOP SPEED
400 km/h (est)
0-100KM/H
2.5 seconds (est)
PRICE:
\$1.89 million



Ferrari 458 Speciale A

Placed on special reserve for 499 collectors, the 458 Speciale A is the most elite performance machine in a drop-top package that will make you drool buckets. We know the 'A' stands for 'aperta' meaning 'open', but what's so 'Speciale' about it? It might have something to do with the fact that it's the most powerful spider and the most powerful naturally-aspirated road-going V8 ever built by Ferrari. Like the coupe, it belts out an intense 398 lb-ft (540 Nm) of torque while only producing 275g/km of CO2 emissions – all thanks to a rigid chassis, active aerodynamics, and Side Slip Angle Control (SSC). Rarely ones to brag, Ferrari even acknowledge the three international Best Performance Engine awards they won with a fixed plaque proudly on display in the cockpit. The cockpit itself draws on distinctive racing-inspiration: only lightweight, exclusive materials were used including Alcantara seats with contrasting stitching and 3D technical fabric. With all the recent rumours that Ferrari will be returning to turbo boost starting with their latest California T, this may be Ferrari's last naturally aspirated engine, making this model all the more exclusive and elusive – not that it wasn't before.



ENGINE
4.5 litre V8
TRANSMISSION
7 speed dual-clutch
POWER
445kW
TOP SPEED
325 km/h
0-100KM/H
3.0 seconds

PRICE:
\$550,000





Indian Scout

Even when released in the 1920s, the Scout was Indian's sportier V-twin: despite it being lighter and smaller in capacity than its big brother Chief – it was always the ballsier option to lead the tribe with. Forward to a century on, and both models have stuck to that same routine and script. For the milestone, Indian Motorcycles used the recent Sturgis Motorcycle Rally to show off their 2015 Scout, the first model to possess the Scout moniker in 70 years. There to help promote it was film star and Indian enthusiast, Mark Wahlberg – not that the hype was needed; the Scout is a looker, and if you check the specs, a real goer. Even though its size and weight is close to the Yamaha XV950, it can easily unleash twice the power of the air-cooled Yamster thanks to a closed-loop fuel injection system and ride-by-wire throttle. In many respects it's also better than a Harley. Yes, gentlemen, this is one bike that can start a revolution – once traditional pushrod V-Twin riders dust off the cobwebs and start accepting modern performance.



ENGINE
1133cc, liquid-cooled,
DOHC 8-valve V-twin
TRANSMISSION
6 speed final belt drive
POWER
75kW
TORQUE
72.2lb-ft@5900rpm
CURB WEIGHT
255kg
SEAT HEIGHT
673mm

PRICE:
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DOLPH LUNDGREN

BEST KNOWN FOR HIS 1985 BREAKTHROUGH ROLE AS RUSSIAN BOXER IVAN DRAGO IN *ROCKY IV*, DOLPH LUNDGREN HAS APPEARED IN OVER 40 MOVIES INCLUDING, *UNIVERSAL SOLDIER* AND, MORE RECENTLY, *THE EXPENDABLES* TRILOGY. THIS MONTH THE SWEDISH ACTOR, DIRECTOR, AND MARTIAL ARTIST RELEASES THE ACTION DRAMA *SKIN TRADE* (WHICH HE ALSO WROTE AND PRODUCED) AND DECIDED TO STOP BY FOR A CHAT

INTERVIEW BY **SANTI PINTADO**

Tell us all about *Skin Trade*.
I wanted to make a movie with a serious subject matter but that could still entertain the audiences with action. I read an article years back about girls who were being trafficked from Mexico to the US and they were left at the border. They died in this van, from heat exhaustion and suffocation. This was part of the inspiration for the screenplay which had various locations. And now, beyond the film, in real life I am personally involved with fighting human trafficking organisations called C.A.S.T.

in LA, which stands for Coalition Against Slavery and Trafficking.

You've worked with some fine actors over the years. Who are some of the best?

I've been lucky enough to have a 30-year career, which in this business is a very long time. I mean *Rocky IV* is 30 years old! Of course, Sly [Sylvester Stallone] is a driven individual who knows what he wants and has been a star for five decades. And he gave me Drago so I have been lucky enough to breakout with *Rocky IV* and then come back and do *The Expendables* trilogy with him. But I've worked with many great people over the years including Sly, Jean-Claude, Louis Gossett Jr, Ron Pearlman, Michael Jai White and others.

Do you think any of your past or present work has ever been under-appreciated?

I don't know about under-appreciated but you certainly don't know which ones are going to be hits while you are making them. But it is certainly great, especially when I come to places like Australia and meet the fans who tell me they got into boxing because of Drago or they joined the military because of *Universal Soldier*.

Did you always want to become a professional actor?

No, not at all. In fact, I was dating Grace Jones (famous '80s and '90s

Jamaican singer, model and actress), and I was doing a bit of modelling and kind of fell into it by chance. I started thinking, "Wow, this is kind of cool. I don't know if I want to go back to engineering after this."

You're a tough guy. What's one thing to remember in a fight?
You're going to get hurt. Just hurt the other guy more.

Do you have a scar that tells a story?

Yes, on my chin from a punch in the Australian Open Knock-down Karate Championships in 1982. My bottom teeth went straight through the lip.

What was the last thing you had to apologise for?

Not calling my 19-year old daughter back within five minutes.

What's the worst hangover you've ever had?

Too many to remember.

Do you have a party trick?

I take a nap or meditate for five minutes before getting ready.

Who was the last person to see you naked?

My hot Swedish girlfriend.

Finish this sentence: If I ruled the world for a day, I would...

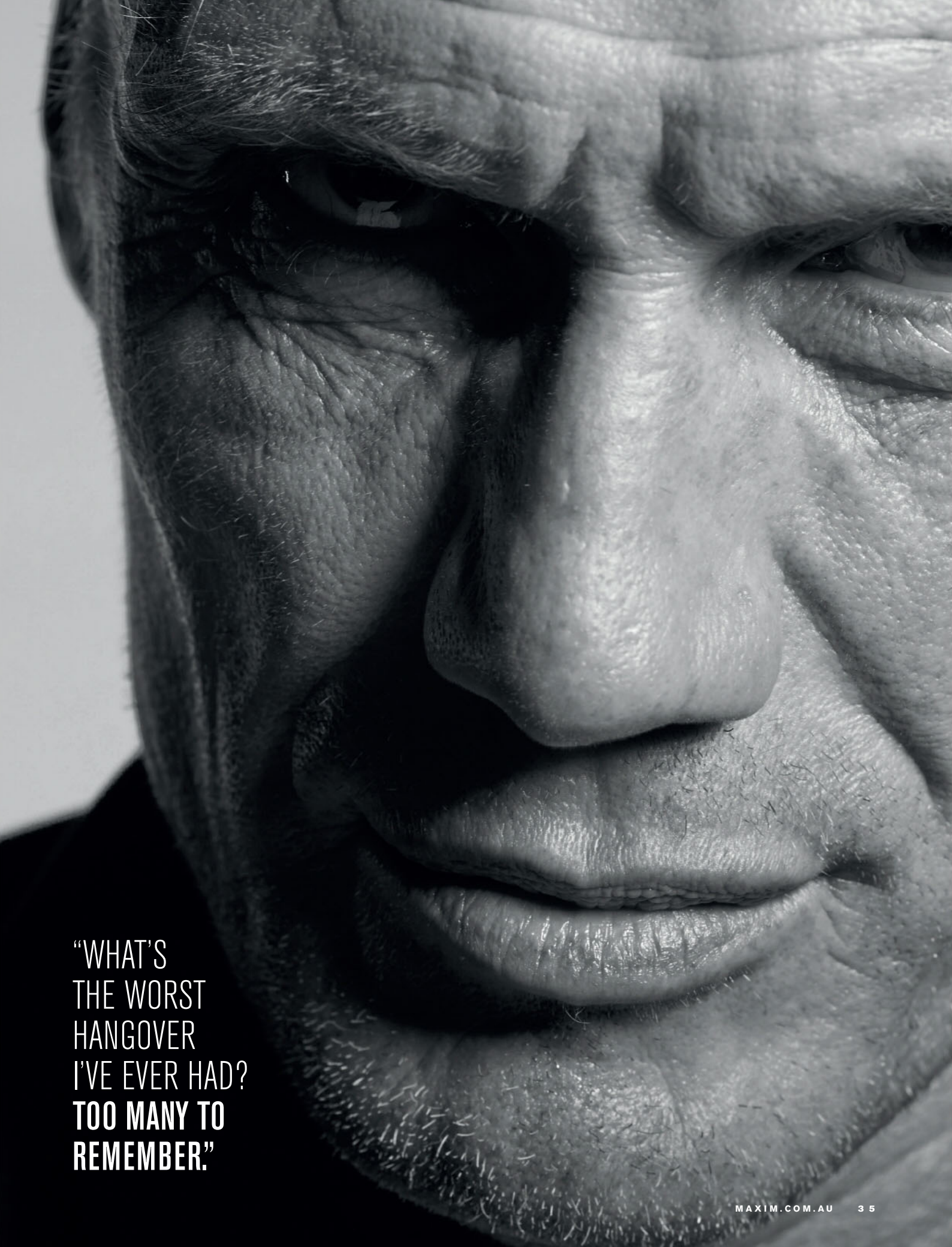
Stop all the killing.

SKIN TRADE IS OUT NOW ON DVD, BLU-RAY & DIGITAL HD. FOR MORE ON DOLPH GO TO: WWW.FACEBOOK.COM/DOLPHLUNDGRENOFFICIAL



He's still got it: 57-year-old Dolph punching and shooting up the bad guys in *Skin Trade*





"WHAT'S
THE WORST
HANGOVER
I'VE EVER HAD?
**TOO MANY TO
REMEMBER."**

SHE'S BACK AND
SHE'S HOTTER THAN
EVER. YES, STUNNING
AUSTRALIAN MODEL
RENEE SOMERFIELD, WHO
RECENTLY CRACKED ONE
MILLION FOLLOWERS ON
INSTAGRAM, RETURNS FOR
HER THIRD *MAXIM* COVER



IN HER OWN WORDS...



Modelling really began as a hobby for me. I never imagined it would be my full-time job. It started out just for fun but within a year it became a whirlwind. I had to quit my day job to keep up with the demand from the modelling industry. It all happened so fast and now it's just second nature to me.

What made me successful is that I always put 100

percent into everything I do. I don't see the point in doing something if you're not going to give it your best. To be successful you need to think ahead and have a long term plan in mind. Having that mentality has always had my clients coming back time and time again - our actions today turn into results tomorrow.

In saying this, it has been hard work. Being a model isn't always as glamorous as it seems - whether it be long, gruelling hours, getting changed hundreds of times a day with sore muscles, early mornings or long flights, it isn't exactly a walk in the park. You need to be a strong person, both mentally and physically, to succeed in this job. I celebrated my success last Christmas by buying myself a brand new Range Rover Sport. To me, being successful and independent at such a young age is a huge achievement and celebrating it is important.

Along with the hard work comes the opportunities. Modelling has opened so many doors for me and I am truly grateful to be able to travel the world and experience life abroad. Travel is certainly priceless. I get the opportunity to meet lots of interesting people, some I learn from and others are entertaining to say the least. I'm also a total beach bum, so my job enables me to spend a bit more time on the sand and in the ocean and I'm certainly never going to complain about that side of the gig.

Sometimes my job can take a different turn. I recently received a lot of media attention in relation to a campaign shoot I did for a UK company called Protein World. The shoot was on location in Los Angeles and the campaign was released in the London Underground, marketing their supplement line. This campaign became really controversial and received a lot of hit-back on social media for its slogan: "Are you beach body ready?" I was completely shocked at the outrage, it was so unexpected. I even received some abuse for my part in the campaign but overall there was an outpour of support. In the end it was more good than bad. I believe every advertisement is open to interpretation and many people interpreted the Protein World billboard in a way that was never intended. This ad was just like many others in pop culture - the terms "beach body" and "bikini body" are certainly not new to the industry. I support Protein World 100 percent and I regularly consume their great vegan line of products. And while writing this I received a picture of my larger-than-life Protein World billboard currently featured in Times Square, New York, and I am very interested to see how the American public will react to it.

My opinion on the whole "body shaming" saga is that body shaming is never OK. Everybody is different and as long as you are healthy, and aspiring to be the best version of yourself, you are on the right track. Protein World's ad was inspiring everyone to be their best self

and I absolutely love that notion. You can be slim, toned, curvy or muscly and still be beach body ready. I find beauty in uniqueness and originality. In today's society we have become open and accepting to all body types, which is fantastic. In previous eras there was always pressure to conform to standards society set. Within 50 years the ideal has changed so drastically from voluptuous to waif to muscular and women could hardly keep up with the expectations, changing their lifestyle to keep up with the trends society places on them. Today, women are empowered to be whoever they want to be and acceptance is in. If everyone looked the same, how boring would that be?

A lot of people ask me about my social media presence. When it comes to Instagram, Facebook, Twitter... I believe it has totally reshaped the industry I work in and life as a whole. The experience of being able to connect with people all over the world at the click of a mouse, or touch of a screen, is crazy. Our generation is so lucky. The world has become such a small place with so much opportunity at everyone's fingertips. I love Instagram. I love creating imagery and sharing it with the world. A lot of people assume I don't actually run my own social media accounts, but I do. I go online every day and read all the comments - yes, even the slightly disturbing ones. It is me creating the images from start to finish and I really enjoy doing it.

It absolutely blows my mind that one million people see my posts. When I post a picture I feel as though only a small number of people are viewing it and I totally forget that hundreds of thousands of people are viewing the photos and tens of thousands are liking and commenting and engaging themselves with my life. Social media is such a powerful tool, giving people the ability to be recognised for their talents across the globe, and it has certainly helped with my career and being acknowledged in overseas markets.

The only dislike I have about social media is the ability it gives people to spread their negative energy. I personally don't get bothered by it but I have seen how hurtful people can be and I truly believe if you don't have anything nice to say, don't say anything at all - especially anonymously behind a computer.

I am currently working on a new project that I am super excited about and I can't wait for it to be released and share it with you. The project is part of the health and fitness industry and is based around a topic I am really passionate about and extremely close to my heart. I have put my everything into this and am dying to spill the beans, but unfortunately it's top secret for now. Stay tuned, but in the meantime I hope you enjoy my beautiful new MAXIM shoot as much as I enjoy doing it. ■

**"IT ABSOLUTELY
BLOWS MY
MIND THAT ONE
MILLION PEOPLE
SEE MY POSTS"**



COVER GIRL









COVER GIRL





ANATOMY OF AN ATHLETE:

THE CIRQUE DU SOLEIL PERFORMER

THE WORLD-RENOWNED ACROBATIC CIRCUS PERFORMANCE, **CIRQUE AFRICA**, IS COMING TO AUSTRALIA FOR THE FIRST TIME AND BRINGING THEIR HIGHLY-SKILLED CAST OF AFRICA'S **38 FINEST AERIAL ARTISTS, JUGGLERS, STILT DANCERS, CONTORTIONISTS, CLOWNS** AND MORE. WE CAUGHT UP WITH LEAD PERFORMER, **JEAN-MARC AGBOGBA**, TO RUN THROUGH HIS HEALTH AND FITNESS REGIME





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How'd you get into this gig?

I became a cirque performer through years of training and determination. I was chosen among many other artists on a call audition for the role of a stilt walker and more because I am a multi-talented artist who does many different things on stage.

How do you prepare for a performance?

I prepare my body by doing a lot of warm ups and stretches to ensure I can outlast the high-energy show. It requires a great deal of stamina. To be a successful cirque performer I need to workout my whole body from head to toe as I do many different acts onstage. For example, for the African flute I play I need to do a lot of work on my fingers and my throat by doing vocal exercises. For my mask dances, I work on my legs and core muscles, and for drumming I work more on my arms.

Describe a normal training day.

It always starts with a 40-minute run which helps my fitness levels, 15 minutes of lunges which help strengthen the back, five sets of 20 push-ups which work the abs, 100 squats to strengthen the leg muscles and I always finish with 20 minutes of body stretching. For my arms, I do 100 push-ups which also work my upper body.

Are there any major injury concerns for cirque performers?

Cirque performers endure different injuries depending more on the body parts used for their acts. For example a contortionist may suffer severe back pain, a drummer may suffer blisters on his fingertips, and a singer may suffer with a sore throat. Fortunately, I have never had major injuries due to my performing. Touch wood I never do!

Is mental strength important for your job?

Mental strength is vital as I need to be fully focused on my performing

from morning until night. Often we are under an enormous amount of stress and exhaustion can completely takeover the body due to doing many shows a day. For each show we have to deliver a high performance show every time so it can be very tiring. During a performance the only thing that goes through my mind is making sure I give my 150% best to the audience and they love my acts as much as I love performing them. I always need to make sure I keep the audience captivated and entertained at all times.

What are the pros and cons of being cirque artist?

The best aspect is having the chance to experience and see the world, meeting different people and sharing their cultures all while enjoying and loving my work. The worst part is being away from loved ones, living out of suitcases, the long hours of training, travelling and body fatigue. But the toughest part of my job is if, for whatever reason, the audience is not responding to the acts. It's extremely difficult to maintain a high level of energy when the audience isn't feeling it.

What do you do after a performance?

After a performance I feel accomplished because I know I have just entertained and made many people amazed and very happy. This is always clear by their smiling faces and excited reactions. Coming off stage I am still on such a high! Then gradually I cool down by breathing and walking to relax my body.

Is your diet important?

As a performer I eat a lot of fruits and vegetables to maintain a balance of nutrients in my body and manage my weight by continually working out and performing.

Do you have any advice for people wanting to become a cirque performer?

You have to have a huge amount of confidence, commitment, passion, courage, and the love of the art, because it's not as easy as it looks onstage.

For more info on the show go to www.cirqueafrica.com.au

KISS KISS



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THE AK-47
POPULAR
WEAPON IN
CAN IT BE
AS AN
OF

IS THE MOST
AUTOMATIC
THE WORLD.
REBRANDED
INSTRUMENT
PEACE?

RUSSIA'S MOST
MARKETING
IT HER

BY ALEC LUHN

GLAMOROUS
ACE IS GIVING
BEST SHOT



ANG BANG

IN ITS SOVIET-ERA HEYDAY, THE IZHMASH FACTORY IN THE CITY OF IZHEVSK, IN THE WESTERN URAL MOUNTAINS, USED TO CRANK OUT NEARLY 100 KALASHNIKOV AUTOMATIC RIFLES AN HOUR.

But by 2011, the storied gunmaker was approximately US\$30 million in the red, and the following year, in an embarrassing episode that seemed to sum up the company's ills, 79 Kalashnikovs meant for demolition accidentally wound up in the hands of a villager buying old crates for firewood. Meanwhile, 20 Izhmash-owned companies went bankrupt.

Then things really got bad: That same year, the Russian defense ministry announced it already had enough Kalashnikovs and would await the development of a better weapon before placing additional orders. That's when Vladimir Putin's deputy prime minister, Dmitry Rogozin, stepped in. He spearheaded the reformation of Izhmash under a new name, the Kalashnikov Concern, and oversaw the sale of a 49 percent stake to two businessmen who promised to turn the company around. Engineers got to work developing a new Kalashnikov, and the stodgy weapons producer sought a seasoned public relations professional to give the company a bit of marketing polish. They found their champion in Tina Kandelaki, a famous socialite and former television host who had appeared on the covers of the Russian versions of *Playboy*, *InStyle*, and *MAXIM*.

Kandelaki argues that the seemingly odd combination – one of Russia's most glamorous women marketing the famously rugged automatic rifle – is totally natural, pointing out that she tried her hand at shooting the moment she got the commission. "I have a heavy hand," she says with a grin, sitting beneath a huge glass chandelier in her gleaming white office in central Moscow. At the moment, that hand is adorned with a gold-and-diamond Parmigiani Fleurier watch and a giant amethyst ring that matches the purple spots on her pale yellow leopard-print blouse. "I don't have such a manicure that I can't pull the trigger," she adds.

With the help of Kandelaki and her team, the newly renamed enterprise hatched a plan to diversify – creating separate lines for the company's military arms, hunting rifles, and biathlon guns. In 2014, it

launched a rebranding effort built around a catchy new slogan: "Protecting peace." To some observers, the tagline seemed a stretch. After all, the AK-47 and its derivatives are the weapon of choice for terrorists, pirates, and child soldiers. Once the standard-issue rifle of the Soviet Army, versions of the gun fill the arsenals of authoritarian regimes like North Korea and the warehouses of failed states like the Central African Republic. Most recently, the AK has been fielded by the Russia-backed rebels fighting in eastern Ukraine.

But as Kandelaki well knows, changing public perception is not a game of small measures. Boldness – her default setting – was required. Born in Tbilisi, Georgia, to an economist and an addiction specialist, Kandelaki studied journalism in college and began her career in radio. After moving to Moscow in 1995, she quickly found renown as the host of numerous entertainment and political programs on Russian radio and TV. In 2006, she was voted Russia's sexiest television host. The local tabloid press avidly chronicled her outfits, rumored love interests, and colorful exploits, like the time she unexpectedly kissed fellow socialite Ksenia Sobchak at an awards show. Nonetheless, Kandelaki insists she has a low-key social life, spending most nights at home with her mother and two teenage children. She says she won't reveal who she's dating until she gets married again.

As befits a celebrity, Kandelaki has expensive tastes. Last year, she modelled the season's hottest looks in a shoot for *Tatler* featuring an extensive collection of Herve Leger dresses and diamond jewellery. Another passion of hers: high-octane cars. She owns a BMW 7-series, an Audi A8, and a Lamborghini Gallardo. A Reiki healing symbol tattooed on the back of her left hand covers a burn mark she reportedly suffered in 2006, when oligarch Suleiman Kerimov lost control of his Ferrari Enzo while giving her a ride down the Promenade des Anglais in Nice, wrapping the car around a tree.

Naturally, she is a prominent figure on social media. After our



Clockwise: General Mikhail Kalashnikov holding his creation; A WWII poster depicting a sailor calling to liberate Western Russia from the Nazi invaders; Newly assembled guns ready for shipping at the Kalashnikov Concern's Izhmash factory



interview, she uploaded a photograph of the two of us for her 900,000-strong Instagram followers with a teasing caption that included the hashtags “#interview #journalism #magazine #me.” The next day, I was blasted with 200 new follower requests and congratulations on my newfound fame.

But Kandelaki also has an impressive history in business. Bored with television, she joined the communications agency Apostol in 2009, buying a stake in the company and becoming director in 2013. Her touch has been apparent: Last year, Apostol was the leading communications agency in Russia, due in part to various state contracts. It doesn't hurt that while Kandelaki occasionally criticises government policy, she is a strong supporter of Vladimir Putin. Her colleagues even gave her a malachite statue of the president as a New Year's present.

That said, because of Kalashnikov's appeal to militants who might not present the ideal image to the world at large – for instance, AKs played a prominent role in the recent *Charlie Hebdo* massacre – championing the company poses a unique challenge to even the most clever marketing expert. Not that Kandelaki ever shies away from a challenge. “Yes, there are these stereotypes,” she admits. “I believe that the Kalashnikov is tied to the image of Russia, and Russia today is seen in very different ways around the world. There are very wide-ranging views, and most often it's not seen as it really is.”

THE ORIGINAL AK-47 was developed between 1946 and 1949 by Mikhail Kalashnikov, a WWII tank commander from Siberia. While a team of specialists contributed to the final product, the Soviet propaganda machine feted Kalashnikov as the gun's visionary inventor, holding him up as a national hero. The story of his journey from an impoverished childhood on the Altai steppe to technological innovator made him the Horatio Alger story of the Soviet era.

And the AK-47 was indeed revolutionary, combining the rate of fire of a submachine gun with the longer range of a rifle. Made up of big, loosely fitting components, it's easy to manufacture and maintain, and it functions well in snowy, sandy, muddy, or humid conflict zones. Kalashnikov often said he made the gun for uneducated peasant boys like himself, since “soldiers don't finish school.” Though it lacks the accuracy of the United States' M16 and is harder to wield, the Kalashnikov – which has been produced since 1949 with only two major updates, the AKM in 1959 and the AK-74 in 1974 – enjoys a well-earned reputation for near indestructibility.

During the Cold War, the USSR began shipping AKs around the world and licensed foreign production in various friendly nations. Today, some estimates put the number of such weapons in circulation at 100 million. Based on the millions who've lost their lives at the wrong end of the gun, it's considered the most lethal weapon in history – prized as a status symbol in many parts of the world and immortalised in the emblems of militant groups and even several national flags.

While its creator, for most of his life, blamed politicians for the havoc wreaked by his handiwork, Kalashnikov once admitted wishing he'd pioneered a more peaceful invention, “for example, a lawn mower.” Before his death in 2013, he revealed in a letter to the Russian Orthodox patriarch that he was suffering “spiritual pain” over his legacy. Its ubiquity and durability arguably make the Kalashnikov one of the most recognisable products in the world, but these same traits have been a curse for the company, cutting into its later sales. With tens of millions of AKMs and AK-74s in its arsenals, the Russian military is more than adequately armed, and foreign markets are flooded. The gunmaker has responded to slumping demand by developing the AK-12, the first major update to the weapon since Soviet times – and hiring Tina Kandelaki to help sell it.

ON A GRAY WINTER MORNING in Izhevsk, the dreary mountain town that has produced arms for the Russian government since the

beginning of the 19th century, I meet Vladimir Onokoy, a former private security contractor who once guarded tankers from Somali pirates. Now employed by the Kalashnikov Concern marketing department, he wants me to experience the new weapon for myself. Interrupted occasionally by what sounds like a pile of bricks being dropped off the top of a building – an aircraft cannon being tested – Onokoy lays out the design enhancements of the AK-12, including an adjustable stock, universal rail mounts along the top and bottom to allow for scopes, grips, and lights, and a muzzle break that mitigates recoil.

To underline these improvements, he starts me off with an AK-47 made in 1955. Shivering on the unheated range, I can barely switch the older weapon's heavy safety lever over to the first setting, full automatic. (Semiautomatic is the second setting, since Russian soldiers have traditionally lived by the principle “spray and pray,” Onokoy says.) With a deep breath, I squeeze the trigger, the gun begins shooting, and the muzzle starts climbing inexorably upward. “Watch out; you're shooting into the ceiling!” Onokoy yells.

The lighter AK-12 feels better in my hands immediately, and it fires with ease. It shoots a smaller round, the recoil is minimal, and there's almost no muzzle climb when firing on automatic. Firing it feels like getting behind the wheel of a sedan after driving a school bus.

GIVEN THE UNCERTAINTY over military purchases, Kalashnikov has also been developing its civilian weapon lines, most of which are sold abroad due to Russia's stringent gun-ownership laws. That's where Kandelaki's rebranding efforts are aimed.

The company even brought in Steven Seagal, a friend of both Putin and defence czar Rogozin, to be a brand ambassador, but that partnership “ended before it began,” according to Alexei Krivoruchko, part-owner and general director of Kalashnikov Concern. Kandelaki's star power, and the rebranding her Apostol agency devised, would have to do.

The main task of the makeover was to reorganise the company's offerings. “Our advantage over other companies is that we have a full range of weapons: pneumatic, hunting, and military,” Krivoruchko says. Apostol decided to separate these into three distinct product lines. Kalashnikov remained the brand for the military weapons, albeit with a spiffy new red logo featuring the AK's signature banana clip. Shotguns and hunting rifles are marketed under the name Baikal. And the highly engineered guns used for biathlons and other shooting sports are being branded as Izhmash. Kandelaki and her team hammered out the various concepts in the company's wood-paneled conference room, often to the music of popular Russian artists like Alexander

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**Kalashnikov's marketing
ace, Tina Kandelaki**

Rozenbaum, who sings in an amped-up folk genre celebrating the comedic and tragic exploits of criminals. The goal was to tap into “alpha energy that is in the Russian man today,” she explains. They also commissioned a series of photographs of Russian men toting Kalashnikovs to help them imagine “what would have to happen in the lives of these ordinary people for them to take up arms,” she adds.

Apostol's most controversial innovation, its new slogan, was unveiled at a December marketing event in Moscow, during which army generals, businessmen, and bureaucrats enjoyed a promotional video of special forces with AK-12s hunting down Islamic insurgents in the Caucasus. Near the entrance, girls in red lipstick and tight dresses handed out banana clips emblazoned with the new logo. It was an impressive spectacle, but by then Kalashnikov's fortunes had already suffered a considerable setback due to the unrest in Ukraine. After Putin annexed Crimea and sent arms and troops to bolster rebels in the country's east, the United States instituted sanctions that effectively cut off Kalashnikov's primary civilian export market. Of the 90,000 guns that Kalashnikov planned to sell to buyers in the States, only 34,000 were delivered. According to Krivoruchko, the company was still able to sell the remainder, turning a profit in 2014 for the first time in years.

Even so, gun industry insiders express skepticism about the company's future. “I read that Kalashnikov is reorienting to Asia,” says Erik Mustafin, who exports Vepr-brand rifles to the United States. “But who will buy? China? They make unlicensed Kalashnikovs,” he notes, “and there's not the weapons cult that there is in America.” Militant groups that eagerly want AKs often lack “purchasing power,” adds Pavel Felgenhauer, a Moscow-based military analyst, who points out several other hurdles: “The Europeans don't buy Kalashnikovs to keep in the house. The Americans do, but

they're out of reach now. Kalashnikov's business future seems to lie with the Russian security services, but the defense ministry won't want to spend that money when they already have millions of them lying around.”

C.J. Chivers, the author of *The Gun*, the definitive history of the Kalashnikov rifle, recalls that when he first visited Izhmash in 2004, the company was also in the middle of a marketing campaign to promote their products in the United States and other Western markets. “Izhmash's marketers spoke of grand visions under which this ‘new’ – actually very mature and competitive – market was going to save the company,” Chivers says. “It didn't work. The latest reboot probably will not work either, beyond having its media moment, as all the previous difficulties are still in place and the new sanctions cast the whole enterprise in even greater doubt.”

But whatever the challenges, he adds, the Russian government is unlikely to let the state-owned company behind the nation's single most recognisable export go out of business.

Indeed, a plan to invest 4.5 billion rubles (US\$67 million) to double the enterprise's manufacturing capacity and expand to new markets by 2020 is moving forward. Kandelaki insists that the Kalashnikov brand, like Russia, will overcome the odds to reemerge on the world scene.

There are patriotic overtones in her voice as she makes the pitch. “For the American citizen, it's an old story: When there is injustice in the world, the American soldier goes and protects the weak and defenseless,” Kandelaki says. “This is a period when we shout to the world with our brand that we're ready to go and protect our own, and we're ready to give the possibility to others to protect those values that are common across the world.”

Lock and load. ■

TICK

If anyone could scare the crap out of James Bond, it's Mads Mikkelsen, the Danish actor whose sculptural, otherworldly visage has made him one of Hollywood's favorite sociopaths. Playing Le Chiffre, the fearsome Albanian crime boss in *Casino Royale*, he shed tears of blood over a poker table and revealed a proficiency for bleak, ball-smashing torture methods. As the title character in TV series *Hannibal*, the 49-year-old actor is even more powerfully creepy – a discriminating lifestyle connoisseur, superbly attired and coiled like a snake. In real life, Mikkelsen says he's actually a low-key sort of guy. While he enjoys donning a tuxedo for red-carpet events, it's a rare exception. "We men try to be extremely casual, don't we?" he says with a laugh. "We never want to admit to having vanity of any sort." And whereas "Hannibal enjoys the finer things in life," he notes, "I am probably just a consumer of stuff, without putting that much thought into it. I eat, I work out, I do things. I am not calculating in the least." perhaps not, but Mikkelsen is an artist at heart. The former gymnast and dancer spent a decade performing onstage in productions like *La Cage aux Folles* and *Chicago*, honing a formidable physicality before turning his talents to acting. In Denmark, he rose to fame as a junkie in Nicolas Winding Refn's ultraviolent cult flick *Pusher*, and later turned in an unforgettable performance as One Eye, a mute warrior who disembowels men alive, in the director's brutal Viking epic *Valhalla Rising*. Bryan Fuller, *Hannibal*'s executive producer, knew instantly when he'd found his cerebral, snappily dressed serial killer. "Mads is very unassuming, but he has a true rock-star presence," Fuller says. "There's something uniquely alien and attractive about him. People have said to me, 'Mads is so unusual on-screen.' I tell them, 'You haven't seen the half of it.'" Mikkelsen approaches the role not as a villain but as an ordinary man, albeit one with his own peculiar mind-set: "I simply look at him as a person who sees life differently." ■

OCK



MADS MIKKELSEN HAS MADE A CAREER OUT OF PLAYING MADMEN AND PSYCHO KILLERS. BUT HE'S NOT NEARLY AS TIGHTLY WOUND AS HE SEEMS

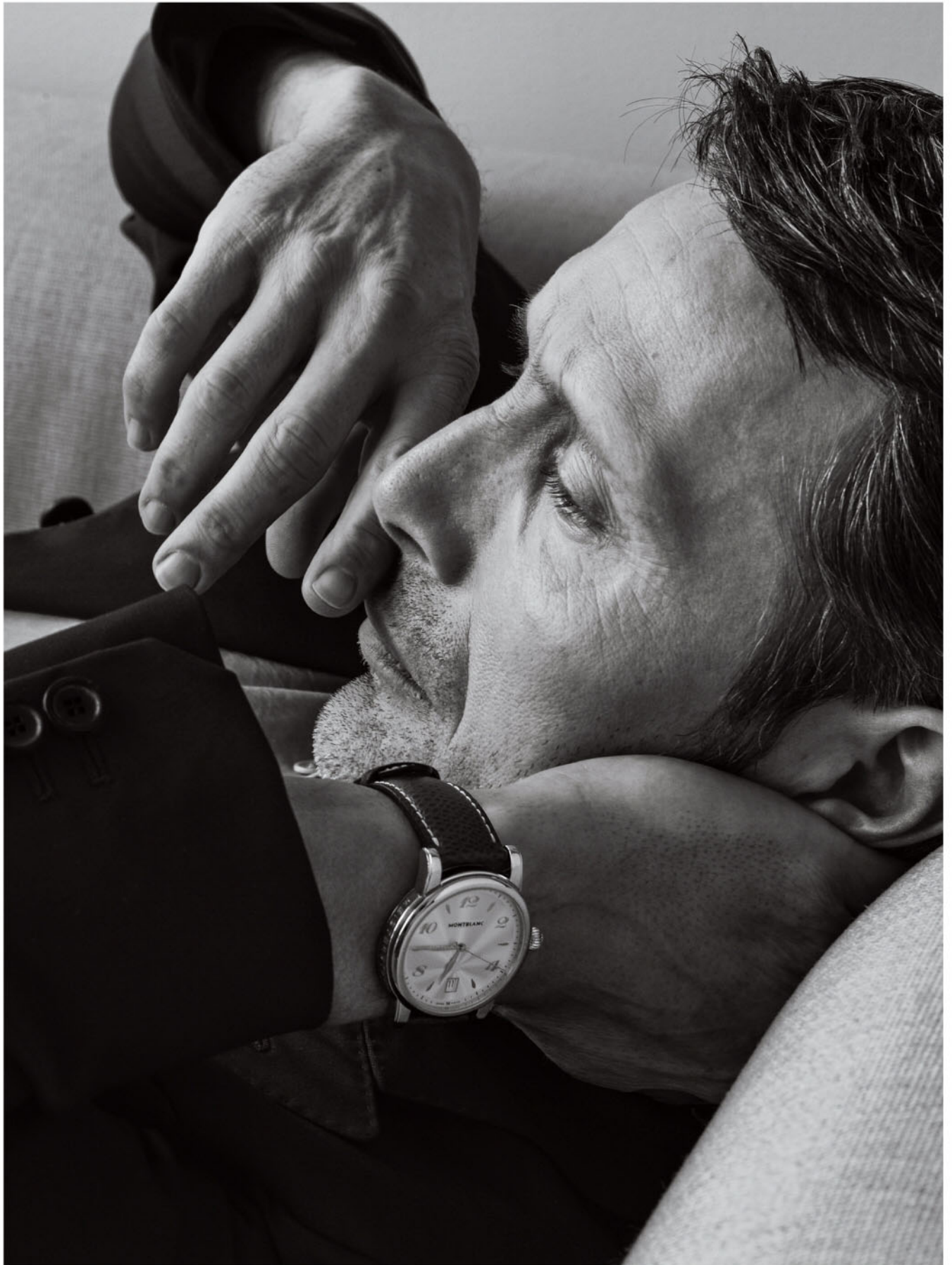
BY SARAH HORNE GROSE



THIS PAGE:
TRENCH AND
SWEATER,
LOUIS VUITTON;
WATCH, **HUBLOT**

OPPOSITE PAGE:
JACKET, **BALLY**;
SWEATER, **BOTTEGA
VENETA**; WATCH,
MONTBLANC

PREVIOUS
SPREAD:
SWEATER,
**SALVATORE
FERRAGAMO**;
WATCH, **OMEGA**





THIS PAGE:
JACKET AND
SHIRT, **GIORGIO
ARMANI**; WATCH,
MOVADO

OPPOSITE PAGE:
SWEATER,
PRADA; WATCH,
BELL & ROSS

STYLE

THIS PAGE:
SWEATER,
**TOMMY
HILFIGER**;
WATCH,
BREITLING

OPPOSITE PAGE:
JACKET, **GUCCI**;
SWEATER,
**BURBERRY
BRIT**; WATCH,
VICTORINOX





SPORT COAT,
CANALI CAPSULE
COLLECTION BY
ANDREA POMPILIO
AT **BLOOMINGDALE'S**;
SWEATER, **PRADA**;
WATCH, **EBEL**



GROOMING, **BLAIR PETTY/JUDYINC.COM**; MANICURE, **DELIA LUPAN/JUDYINC.COM**; PHOTOGRAPHED ON
LOCATION AT **THE TEMPLAR HOTEL, 348 ADELAIDE STREET WEST, TORONTO, CANADA, TEMPLARHOTEL.COM**

FROM EXECUTIVE PRODUCER MICHAEL BAY

BLACK SAILS

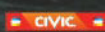
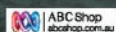
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THE MAXIM GUIDE TO BUTCHERY



OUR EXPERTS: **PAT LAFRIEDA**, Pat LaFrieda Meat Purveyors, North Bergen, New Jersey; **MISSY COREY**, Publican Quality Meats, Chicago; **OLIVIER CORDIER**, Olivier's Butchery, San Francisco; **ANDREW VASERFIRER**, Revival Market, Houston; **BRIAN MERKEL**, Belcampo Meat Co., San Francisco; **NATE ANDA**, Red Apron Butcher, Washington D.C.; **JAMES PEISKER**, Porter Road Butcher, Nashville; **JEREMY STANTON**, The Meat Market, Great Barrington, Massachusetts; **TIM FORRESTER** (pictured), Harlem Shambles, New York City

WALKING INTO A BUTCHER'S SHOP CAN BE INTIMIDATING, WHAT WITH ALL THE HUNKS OF meat dangling from metal hooks and the guy in an apron Jackson Pollock-ed with blood. But rest assured: that cleaver is not meant for you. The butcher is your friend, equal parts culinary guide and meat carver, ready to educate you on everything from the best unsung cuts to how to cook the meat he's hacking up for you. Here, we unlock some of meat's most enduring mysteries, with an assist from the master butchers at America's greatest chop shops.

BY MATT BERICAL AND CHRIS WILSON



PRIME CUTS

BEHOLD THE FIVE FINEST PIECES OF BEEF AVAILABLE

1 BONE-IN RIB EYE

Porter Road's James Peisker calls it "a big, swinging dick cut of beef." "It's by far the juiciest, most flavorful in the entire animal," he adds. Carved from the sixth through 12th ribs, it's ringed by a thick band of fat and beautifully marbled. Pan searing is best, and never cook it past medium rare.

2 SKIRT

A long, narrow belly cut, the skirt enjoys a zesty marinade and is never happier than when in a soft tortilla. Grilled, it's a can't-miss cookout favorite. Always ask for the outside skirt, not the inside. "It's thinner and has a lot more marbling, which gives it a beautiful, iron-rich flavor," Pat LaFrieda explains.

3 SHORT RIBS

Cut into chunks and braised, this beefy expanse just above the belly becomes fall-off-the-bone tender; sliced flanken-style (cut to expose a few sections of bone) and bathed in marinade, it makes hot coals swoon. Use leftover bones for beef stock, or wear them as a necklace—whatever works.

4 SIRLOIN CAP

This lean, angular standout from the hindquarters of the steer is incredibly marbled, with a moat of fat that imparts a distinctively rich taste. "It has more chew to it than the sirloin [from which it's sliced] but is far superior in flavor," says Peisker. Coat it with a rub or dunk it in marinade before flame grilling.

5 FLAT IRON

Sliced from the shoulder and marked by a line of connective tissue, this is beloved by the cognoscenti. Why? It's intensely flavorful and gloriously idiot-proof: Says Jeremy Stanton, "This is the second most tender cut in the steer, and it will remain so even if well done." But you know better than to do that, right?

CATTLE CALL

"AMERICA'S BUTCHER"
PAT LAFRIEDA LAYS
DOWN THE RULES
OF RAW MEAT

DO Ask Questions

"Where does it come from? What was it fed? How old is the steer? Is it MSA (Meat Standards Australia) graded? If he doesn't know the answers, definitely move on," LaFrieda warns.

DON'T Buy Prefrozen

"If meat tests positive for E. coli, it doesn't need to be tossed out. It can be cooked to 165 degrees to kill the bacteria and frozen. It can then be sold. So beware of prefrozen burgers and meatballs."

DO Trust Your Nose

You know the scent of rancid meat – you should know the smell of high-quality meat, too. "Beef should have a very sweet odor; in the very best, you'll smell a little corn."

DON'T Buy Marinated

That pile of meat bathing in teriyaki? Chances are, it's become oxidized. "The only way to market it is to marinate it. Watch out for any butcher that stocks a lot of marinated meat."

DO Know the Grade

Grocery-store meat not stamped with an MSA grade? "That's a telltale sign that it's an older, 'no roll' animal and of a poorer quality. Skip it."

DON'T Act Like a Know-It-All

Are you an amateur chef or a sucker for takeaway food? Clue your butcher in. He won't send you home with a hard-to-cook cut if you're not up to the challenge.

DO Consult Your Butcher

Craving flank steak? Great. Your meat man may be fresh out, but he'll likely suggest a similar steak that's even more flavorful.



THE OFFAL TRUTH

THE INNER ORGANS OF A COW YIELD A BIG BOUNTY FOR CREATIVE COOKS. HERE'S A POWER TRIO OF THE BEST AND BEEFIEST "NASTY BITS"

1 BEEF TONGUE

Don't be afraid to indulge in one of the cheapest and most underrated cuts on the cow. Braise, then peel the skin off before searing or grilling. Or cut into cubes and slow-cook to a velvety tenderness, before pairing with cilantro and chopped onion for tacos de lengua. Since the tongue muscle gets so much exercise, this humble cut is packed with an intense, iron-heavy flavour.

2 HONEYCOMB TRIPE

A freaky-looking delicacy that comes from the lining of one of a cow's four stomachs, honeycomb is the main kind of beef tripe sold at your local market or butcher shop. Savor its funky, distinct flavor via an old-school Italian preparation: Clean it thoroughly and braise or boil until tender before cooking for at least another hour in red sauce. Then serve it over a hunk of toasted semolina bread.

3 BEEF HEART

A tough, lean muscle, beef heart is frequently grilled kebab-style as anticuchos, a popular South American street food. But stateside, it's favored more by adventurous chefs than home cooks. Ask your butcher to trim the veins off, then have at it. "I really like searing it or braising it, or cutting it really thin and throwing it in a stir-fry," says Revival Market's Andrew Vaserfirer.

FINE GRINDS

SKIP THAT TIRED GROUND ROUND AND ASK FOR ONE OF THESE BOLD, BUTCHER-APPROVED BURGER MIXES

JAMES PEISKER

"We sell a mix called the 50/50. It's our 14-day dry-aged whole-animal grind mixed with bacon ends. It's actually 70 percent beef, 30 percent bacon ends. It's insane. The 1:1 ratio turned out to be too fatty, and we lit a few of our friends' grills on fire."

MISSY COREY

"For our house mix we use one chuck-eye roll and one boneless short rib. It yields a great lean-to-fat ratio with serious taste. It also helps me use every part of the animal efficiently, which is very important to me."

70 BEEF	30 BACON BITS
------------	------------------

80 CHUCK-EYE ROLL	20 SHORT RIBS
----------------------	------------------

FOUR TO SCORE

THERE'S MORE TO SAMPLE THAN SIRLOIN. GO BRAVELY BEYOND YOUR USUAL BEEF ORDER AND DIG INTO ONE OF THESE OUTSTANDING, UP-AND-COMING CUTS



CHUCK EYE

Where is it from? The shoulder, or "chuck," of the steer.
What is it similar to? Rib eye, but with a bit more chew.
How do I prepare it? Keep it simple: Season with salt and toss it on the grill. Does well in a braise, too.



TRI-TIP

Where is it from? Near the hip portion of the sirloin.
What is it similar to? Like a less fatty brisket.
How do I prepare it? Smother in a smoky rub and cook over high heat.



PETITE TENDER

Where is it from? Directly on top of the shoulder blade.
What is it similar to? Filet mignon. *How do I prepare it?* Grill until rare (the lack of fat makes it lose flavour) and serve with béarnaise sauce.



HANGER STEAK

Where is it from? The front of the belly. It "hangs" between the last rib and the loins.
What is it similar to? Grainy cuts like skirt or flank.
How do I prepare it? Drench in marinade and flame grill. Cook past medium rare and it'll be tough as a gym mat.

PORCINE PLEASURES

PIG OUT ON FIVE BUTCHER-APPROVED CUTS THAT ARE THE FINEST ON THE SWINE

1 BELLY

A fatty, rich cut of meat that turns meltingly tender after some time in the oven, pan, or grill, this cut is used in everything from porchetta to Korean-style stews. "It's amazingly versatile," says Harlem Shambles' Tim Forrester. Order fresh, skin-on, center-cut belly at the shop, as lean as possible. Each slice contains three layers: thick skin, a layer of fat, and ribbons of reddish meat just like bacon, which is what pork belly becomes when cured.

2 SHOULDER

Pork butt, or "picnic cut," is actually the bottom shoulder of the pig, a dense, well-striated section of muscle laced with lots of collagen. It's a butcher's favorite and meant for smokers or slow cookers. "There's nothing much to it," says Meat Market's Jeremy Stanton. "When cooked low and slow, it holds together yet becomes ultra-tender."

3 RIB EYE

Craving a juicy chop? Treat yourself to this choice cut. Basically a boneless pork chop from the rib section, it's thicker and bolder in flavour. There's a sublime swath of fat surrounding it, which melts and insulates when cooking. Pan searing is preferred.

4 PORK SKIRT STEAK

Occasionally referred to as the secreto, this is one of the cuts butchers prefer to keep for themselves. If you can find it, snatch it up, as the long cut is similar to the more popular tenderloin but with a bit more fat and flavour. "Give it some acidity, season it, and grill a killer piece of meat," says Red Apron Butcher's Nate Anda.

5 COLLAR

This is the part of the shoulder that runs from the base of the neck to the tip of the loin. Cured and thinly sliced, it's a centerpiece of antipasto, commonly called coppa. Left whole, it's ideal for roasting, with thin skin that crisps up over the fatty, tender meat. "It has that perfect meat-to-fat ratio," says Revival Market's Andrew Vaserfirer. "It's really flavoursome and versatile."



HERITAGE HOGS

Unlike beef, which has varying muscle, fat content, and flavour, pork is more uniform. Your best bet? Look for breeds like Hampshire or Berkshire.

TOOLS OF THE TRADE

MUST-HAVE GEAR FOR THE CARNIVOROUS COOK



CHEF'S KNIFE

Nothing is more essential: Use it to chop, butterfly, and crunch through bones.



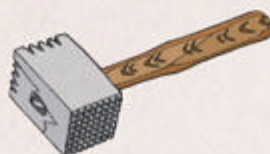
MEAT THERMOMETER

No amount of steak soothsaying can replace the accuracy and peace of mind of a good, old-fashioned thermometer.



SHARPENING STEEL

The most dangerous thing in a kitchen? A dull blade. Use this to ensure yours always stay sharp.



TENDERISING Mallet

Use it to beat lesser cuts of meat into submission to break up chewy collagen and enhance flavor.



BONING KNIFE

Tapered blade, slight flex, sharp point. Easy to maneuver and essential for slicing along the bone.



MAPLE CUTTING BOARD

Maple is solid enough to survive chopping but soft enough to keep a knife from dullsville.

HERE'S THE RUB



UNSURE OF HOW TO SEASON PORK? TRY THIS SWEET, SPICY RUB, COURTESY OF CRAIG KOKETSU OF NEW YORK CITY'S QUALITY MEATS

SAVORY SOUTHERN PORK RUB

8 Tbs. paprika
4 Tbs. garlic powder
2 Tbs. onion powder
4 Tbs. fresh ground black pepper
2 Tbs. mustard powder
6 Tbs. kosher salt
2 Tbs. dark chili powder

Combine all ingredients, and coat swine. Then allow to rest for 4 hours before cooking.



HIT THE LINKS

WHEN IT COMES TO BUTCHER SHOP SAUSAGE, VARIETY IS KEY

Shopping for sausages at a butcher shop is more than selecting hot or sweet Italian; it's an opportunity to try their house-made meat missiles, which are vastly superior (and contain far fewer additives and preservatives) than supermarket links. "Sausages are like meat candy, a rainbow of colours and flavours," says Missy Corey of Publican Quality Meats, which makes nearly 20 varieties. Her favourite? "A snail boudin," she says. "It's a pork-based sausage with confit escargot, a touch of cream, and some fines herbes."

Essential Skill

BUTCHER'S KNOT

TYING A ROAST HELPS KEEP ITS JUICES AND SHAPE INTACT. HERE'S THE NEED-TO-KNOW KNOT THAT KEEPS IT TIGHT



Place a two-foot-long piece of twine under one end of your roast, leaving about half an inch on one end.



Tie an overhand knot around one end of the string, and pull tight.



Using the long end, form a loop around your fingers and slide it onto the short end.



Pull both ends to tighten the knot. Cut and repeat, moving along the roast.



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* May contain traces of unicorn meat providing superpowers.

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DVD

KURT COBAIN
NEVER REALLY
LIKED EXPLAINING
HIMSELF. BUT WITH
AN UNPRECEDENTED
LOOK AT THE WORK
HE LEFT BEHIND, A
NEW DOCUMENTARY
FINALLY DOES
THE JOB

Cobain

K

urt Cobain was famously aloof in interviews, a revered generational spokesman who was always trying to weasel out of the job. Since his death 21 years ago, the questions have only deepened. Which is what makes the new documentary *Cobain: Montage of Heck*, out now on Blu-ray and DVD, such a revelation. Director Brett Morgen was granted

unfettered access to Cobain's archives, including home movies, 200 hours of unreleased music and audio recordings, 4,000 pages of writings, and a stunning collection of personal artwork, and used it to create a portrait of Cobain that's more human – and more tragic – than we previously understood. “Just when we realise how much more there was to him, it's over,” Morgen says. “That's the sadness of this experience: This is the last of it.”

“JUST WHEN WE REALISE HOW MUCH MORE THERE WAS TO HIM, IT'S OVER.”

YOU TELL A LOT OF KURT'S STORY THROUGH HIS ARTWORK. IT'S AMAZING HOW VERSATILE HE WAS.

From the moment he was able to hold a paintbrush, he was creating. And he never stopped creating. Unlike most artists who work in one or two different media, Kurt worked in music, spoken word, sculpture, painting, mixed-media collages, oral soundscapes. He pretty much worked with anything he would get his hands on. His work is like an autobiography.

THE FILM CONTAINS MANY HOME MOVIES TAKEN DURING KURT'S DECLINE INTO HEROIN ADDICTION. DID YOU WORRY IT COULD BE TOO MUCH?

Over the past 20 years, there's been a romanticism of Kurt's heroin use, because the public wasn't confronted with the darker face of it. This film demystifies that image. But the question came up, would he want people to see this? My feeling was, we weren't trying to put Kurt on a pedestal, and we weren't trying to throw him on the ground and kick dirt on him. We were trying to look him in the eye.

THIS IS THE FIRST TIME THE COBAIN FAMILY HAS PARTICIPATED IN A DOCUMENTARY. WHY NOW?

Once Frances [Cobain's daughter with Courtney Love] came on board, everybody wanted to participate to support her. After I screened the film for her the first time, we embraced and she said, “Thank you; you just gave me two hours with my father that I never



1. Cobain director Brett Morgen; 2. Kurt rockin' the tube socks back in the day; 3. Courtney Love chats on set; 4. Kurt's father, Don Cobain; 5. Baby Kurt.

had.” My guess is that a lot of children whose parents commit suicide might tend to blame themselves, so to a certain extent, the film might have a liberating effect. What you realise is, Kurt's problems predated fatherhood and predated Courtney and predated his heroin use and predated fame.

WHY DO YOU THINK KURT'S MYSTIQUE REMAINS SO STRONG?

Kurt was able to articulate his feelings of angst and his specific life experiences better than just about anyone of my generation. But he was in the public eye for only a very brief period of time, beginning with the launch of “Smells Like Teen Spirit” in 1991 and ending in April of 1994. And for a large part of those years, he was on retreat. The public had very limited access to Kurt.

HE HATED GIVING INTERVIEWS AND DISCOURAGED REPORTERS FROM TRYING TO UNDERSTAND HIM. WOULD HE BE ANNOYED THAT WE'RE ALL STILL DOING IT?

It was annoying to him to have to explain his work. But if nobody was asking, he would have been equally troubled. That was part of Kurt's challenge in life. We came across several journal entries that suggest an invitation to explore. One that we show in the film says, “When you wake up, please read my diary. Look through my things, and figure me out.” I can't help but think that if he didn't want people to see his stuff, he might have discarded it. ■



FIFA FANATICS

BY CHRIS STEAD

IN ONE OF THE MOST IMPORTANT CHANGES IN *FIFA*'S LONG AND REVERED HISTORY, AND A MILESTONE MOMENT FOR THE VIDEO GAME INDUSTRY, *FIFA 16* WILL FEATURE 12 FULLY-CAPTURED NATIONAL WOMEN'S TEAMS FOR THE FIRST TIME EVER. WHAT'S MORE, THE THREE MATILDAS BELOW ARE GOING HEAD-TO-HEAD FOR A SPOT ON THE BOX COVER!

WHAT WAS YOUR REACTION WHEN YOU HEARD EA GAMES WAS GOING TO INCLUDE WOMEN IN FIFA 16?

KATRINA: When I first saw it on the schedule of media activity before the World Cup, I was wondering why we would need to do a photo shoot for EA. They hadn't told us anything. A lot of us play *FIFA*, so when we started to do the shots for the character likeness it was really exciting. It's going to be so cool to play as ourselves and also against big rivals like the USA. It's also awesome for the women's league that a female will be on the cover; it shows just how much female sport is growing and competing with the men's game.

A PLAYER'S RANKING IN FIFA IS OFTEN HOTLY DEBATED. WHAT DO YOU THINK YOU WILL GET OUT OF 100? TIM CAHILL IS ABOUT 79.

KYAH: Oh well, 100 for sure. Actually, when you're in form the stats go up, so hopefully in the World Cup I will be 100!

IT'S WELL-KNOWN HOW POPULAR FIFA IS AMONG MALE SOCCER PLAYERS, IS IT AS POPULAR WITH FEMALE PLAYERS TOO?

STEPH: I don't know about most of the other girls, but at home I can barely drag my brother away from *FIFA*. If I have been on a trip for three weeks, when I come back the only way I can spend time with him is to play *FIFA*. So I've become quite addicted to the game as a result. My brother has always said how cool it would be if he could play as me or as our national women's team. So I feel like it has always been the next step to see our game in a title as big as *FIFA*. Also, my brother told me that before he became addicted to *FIFA*, he wasn't that interested in soccer and was more of an AFL boy. But now he knows the players and understands the tactical aspects of football more than I do, so it's very cool that we can now talk about plays. It will be the same for girls who now choose to play the game, and they will also get to learn about the individual women players.

Australian women's national soccer team members (from left to right) Katrina, Kyah and Stephanie. Which of these Matildas will score the cover of the *FIFA 16*?



YOU THREE ARE GOING HEAD-TO-HEAD IN A FAN VOTE TO SEE WHO ENDS UP ON THE COVER OF FIFA 16. HOW DO YOU THINK BEING SELECTED WOULD IMPACT YOUR CAREER?

STEPH: The fact that there is a female on the cover is just so amazing, the reality that it will be one of us is incredible. The idea that girls will see the cover and want to buy the game because they can play as one of us is just so cool.

KATRINA: I agree, it's very exciting. When I pick up a *FIFA* and look at the players on the cover, and think of playing as Messi or Cahill, I wonder now what it is going to be like for people to look on the cover and see one of us on there. To have female athletes on the cover just proves how dramatically our sport is growing, and things are going to change from here on in.

FIFA HAS TRICK SHOTS. WHAT IS THE ONE PLAY YOU CAN'T WAIT TO PULL OFF AS YOURSELF?

KYAH: I still have a goal to score with a bicycle kick in an international, and if it was in a World Cup that would be even better. So while I want to do it in a real game, I'm looking forward to practicing it in *FIFA 16*. Maybe that can be my pre-game preparation.

KATRINA: I just want to pull off a long range shot.

STEPH: I like to nail epic slide tackles, so that would be good. Unless, I can do a flip into a bicycle kick.



HAVE YOUR SAY

WILL YOU VOTE FOR KATRINA, KYAH OR STEPH?

WWW.FIFA16COVERVOTE.COM.AU



KATRINA GORRY

Born: August 13, 1992 (age 22)

From: Brisbane

Height: 143cm

Position: Midfielder



KYAH SIMON

Born: June 25, 1991 (age 23)

From: Blacktown

Height: 164cm

Position: Forward, Defender



STEPH CATLEY

POB: January 26, 1994 (age 21)

From: Melbourne

Height: 171cm

Current team: Defender

"I LIKE TO NAIL
EPIC SLIDE
TACKLES...
UNLESS I CAN
DO A FLIP INTO A
BICYCLE KICK."

AND CHECK THESE OUT

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THIS MONTH!



BATMAN:

ARKHAM KNIGHT

(PS4, XBO, PC)

The brilliant *Batman* series goes next-gen with original developer Rocksteady Studios at the helm. The game builds on the series' already fantastic combat with more moves and gadgets, and an even grander open-world to explore. You're able to do that from the seat of the Batmobile, too, which is quite a bit awesome! The story centres on Scarecrow, who has rallied the usual troublemakers and an all-new character – Arkham Night – to take down Gotham and Batman in the process. Truly epic gaming for brawler and comic fans alike.



MOTOGP 15

(PS4, XBO, PS3, 360, PC)

Hot on the heels of the excellent motorbike game *Ride* comes another tread for lovers of two-wheels, this time following the official world championship. It's the third game on the adrenalin-charged championship, but adds considerably to previous titles. There's 20 bike models across three classes and you can customise team, bike, and rider with over 100 accessories. The career mode has been deepened with extra management options, while a new Beat the Time mode challenges you to outpace the real riders on each track. A strong package.

Worldwide Warriors

AFTER FIVE CRITICALLY-ACCLAIMED AND COMMERCIAL SUCCESSFUL TITLES IN THE MAIN *ELDER SCROLLS* LINEAGE, CREATOR BETHESDA HAS TAKEN THE ONLY NATURAL NEXT STEP FOR ITS EPIC RPG SERIES. IT HAS INVITED THE REST OF THE WORLD INTO YOUR ADVENTURE

GAME: *The Elder Scrolls Online: Tamriel Unlimited*

FORMAT: PS4, XBO, PC

GENRE: Open-World MMORPG

RELEASE DATE: Out Now



E

ven if you've never played an MMORPG before, no doubt you would have heard of titles such as *World of Warcraft*, *Guild Wars* or *Everquest*. These games are hugely successful for a reason; stepping into a game world populated by thousands of other human players, each actively changing the playing landscape while on their own adventures, is an amazing experience. Where you previously might have spent

hours wandering the world on your own, struggling to take on high-level enemies, now you can meet and talk to other players and then set off together to tackle the land's challenges as a platoon of highly trained mythical warriors.

Tamriel, the land in which *Elder Scrolls Online* is set, is some place, too. It's massive, but remains highly detailed, with everything from hot deserts to frigid mountains bordering forests, cities, dungeons, rivers

and more. The world is filled with threats, and rewards those who explore into the unknown with the valuable experience and loot that will help them skill up their avatar. Like most RPGs, rising from the ranks of a peasant to a person of significance is your goal, and the depth here is quite incredible, with classes, equipment, guilds and more each adding to the overall skillset of your hero.

Like previous games in the series, there is a strong narrative to enjoy. Set 1,000 years before *The Elder Scrolls V: Skyrim*, three different factions are fighting for control of Tamriel even as an evil force threatens all. Each of the three races has their own story and it adds up to hundreds of hours of gameplay, and that's before you engage in huge player-vs-player wars. But whether you follow the story quests specifically or branch off down other adventures as you cross paths with other human players, you will find deep dialogue trees and finely-voiced characters to meet.

With its gorgeous visuals, fast-paced combat, emphasis on strategy and incredible depth, *The Elder Scrolls Online* manages to still feel like an *Elder Scrolls* game, while inviting thousands of other players into the fray. That you can play it without a subscription on consoles as well as PC ensures its place among the year's must-play RPGs.

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Headset Elite

MUCH LIKE *CALL OF DUTY*, *FIFA* AND *ASSASSIN'S CREED*, LISTENING THROUGH A NEW ENTRY IN THE LEGENDARY TURTLE BEACH HEADSET RANGE HAS BECOME AN ANNUAL TRADITION FOR THE GAMING ELITE. CHECK THESE OUT!

BY CHRIS STEAD

TURTLE BEACH ELITE 800 AND 800X

Turtle Beach has cut the cord on its Xbox One headset, the Elite 800X, going completely wireless. Yes, that means not even a cable to the controller. It now sits side-by-side with the PlayStation 4 compatible Elite 800 in the company's premium range. Despite being wireless, it retains full DTS Headphone:X 7.1 surround sound, delivered through 50mm drivers capable of really maximising low end

sounds like explosions and car engines. Noise cancellation technology helps immerse you in the game world, while a hidden microphone ensures you can let those pesky kids know exactly what you think of them.

Build quality is excellent, with the durable plastic band bookended by large, lush cups that softly cushion your ears for those long gaming sessions. The wireless transmitter also happens to double as a charging station, so you can just sit your

headset on there when not in use and it will power back-up - an excellent feature.

As with all the Turtle Beach headsets, it's not chained to gaming alone and can connect through Bluetooth to home theatre systems, tablets and mobiles. You'll also find a companion app, allowing you set and activate pre-set modes wirelessly. Turtle Beach has become the market leader in gaming headsets for a reason; they sound great, they're comfortable to wear, and they're always at the tip of the tech spear when it comes to new features and additions.

Perhaps more importantly, however, they genuinely improve you as a gamer. Being able to hear exactly where a bullet came from, or feel the power of the car as you jump

on the throttle, gets you that much more immersed in the experience and performing better. If you think you're a good online player now, wait till you use one of these bad boys! Very, very impressive.

The range SOUND MATTERS

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SUITS YOUR NEEDS



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MID-RANGE: Turtle Beach Stealth 500P (PS4, PS3) and XO Seven Pro (XBO)



TOP LEVEL: Turtle Beach Elite 800 and 800X

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COOL,
CASUAL,
CLASSIC
RANGE
FROM
DIESEL
HAS GOT
YOU
SORTED
THIS
SEASON

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OPPOSITE PAGE:

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S-HAKU SHIRT **\$190**
SUMIER TIE **\$120**
BAF BELT **\$220**
TEPHAR JEANS **\$250**
CASSIDY BOOT **\$420**

THIS PAGE:

L-MADARA JACKET **\$750**
D-CARRY SHIRT **\$250**
P-LINYS PANT **\$350**
D-KOMPTOP BOOTS **\$430**

FROM LEFT:

MODEL 1

J-GIBSON-D
JACKET \$769
BUSTER JEANS \$449
D-KOMPTOP BOOTS
\$430

MODEL 2

S-INDIVEE SWEATER
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TEPPHAR JEANS
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D-ICON SHOE \$230

MODEL 3

SPREYMUN SWEATER
\$190
THAVAR JEANS \$380
D-TANKER BOOT
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TO KEEP YOU
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ON LONG HAUL
FLIGHTS AND
EVEN LONGER
NIGHTS OUT
PARTYING**

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3. CDG2 MAN, \$330 (part of a four-fragrance travel set)
www.mecca.com.au

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**4. NIVEA FOR MEN
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5. NIVEA MEN SHAVE GEL SENSITIVE, \$3

www.woolworths.com.au

Sadly, your beard doesn't take a vacation from growing, so you might need to get the razor out more than once on your travels. So, make sure you pack this.

6. TONI + GUY CASUAL SCULPTING POWDER MATTIFYING VOLUME AND TEXTURE, \$15.99

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7. LUSH ULTRA BALM, \$8.95

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8. KORRES PARTY SURVIVAL KIT, \$46

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contains all you need for top-to-toe freshness: White Tea Fluid Gel Cleanser, Wild Rose 24-hour Moisturising and Brightening Cream, Aloe and Dittany Shampoo for Normal Hair, Guava Shower Gel, and Basil Lemon Body Milk.

9. MILK SCRUB

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www.milkandco.com.au

Awesome for cleansing your dial during a flight, or when you wake-up sweating tequila from the beach party the night before.

10. CLINIQUE SKIN SUPPLIES FOR MEN

ANTI-FATIGUE EYE GEL, \$52

www.clinique.com.au

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11. REN CLEAN RADIANCE SET, \$59

www.mecca.com.au

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12. BATISTE DRY SHAMPOO BRUNETTE, \$4.95

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13. PANTENE PRO-V ULTIMATE 10 SHAMPOO AND CONDITIONER, \$1.69ea

www.pantene.com.au

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Forget fiddling around in dodgy bags while you are abroad - this cool travel pouch easily houses your grooming essentials so you can see them.



FROM HIGH FASHION
RUNWAYS TO INSIDE
THE OCTAGON,
MEXICAN BEAUTY

JAMILLETTE GAXIOLA

IS FAST BECOMING
ONE OF THE HOTTEST
RINGSIDE PROPERTIES
IN THE UFC



Tell us a little bit about yourself, Jamillette?

I come from a large Latino family, my father is of traditional Mexican heritage, and my mother is Cuban-Lebanese. I was born in Mexico and spent the first half of my life there. At the age of 12 my family migrated to the US, my mother was a very prominent model and fashion designer, and is one of the most creative people I will ever know. It's where my modelling swag comes from.

When did you start modelling?

I've been modelling as long as I can remember and at 18 I was crowned Miss Cuba. This led to being a cast member of a reality TV show called *The Shores*. When I turned 21, and having lived in Vegas, I was presented by many opportunities in the high fashion world and it hasn't stopped since. Now I'm a part of the UFC family and have been very blessed by this experience.

What did you want to be when you were a kid?

This might come as a shock but I wanted to be a Luchador as a child. And you know what they say - dreams do come true, and I've found my way into a ring somehow.

What's it like being a UFC Octagon Girl?

It has been an amazing experience especially transitioning from high fashion runways to the ring with the best fighters in the world. Something that was supposed to be a small segment turned into one of the greatest opportunities of my life. I have a complete appreciation for the sport. Also I can't complain, I have the best seat in the house.

How has life changed since becoming involved in the UFC?

I never knew I could hold so much interest and respect for the MMA sport. I am truly thankful for the faith and trust the UFC organisation has put in me, and especially the love I have received from the fans.

Do you have a favorite fighter?

My first UFC experience was watching a small clip of Anderson Silva vs Vitor Belfort in UFC 126. I didn't know much about the sport or what it was at that time, but the kick Spider Silva delivered to Vitor's face definitely sparked my interest.

What's the funniest pick-up line you've had from a guy?

One of my favourites, and probably the corniest, has been: "Is your dad a Baker? Because you've got a nice set of buns!" It was the longest moment of silence leading to one of the most hysterical moments in my life.

What do you look for in a man?

He doesn't have to shout to be heard or dress like a Hollywood actor to be noticed. He has a quiet understatement about himself, knows he looks good, and does it without fanfare. He has class, and... his dad has to be a baker - I love buns.

On your next vacation are you lying on a beach somewhere or seeking some adrenaline-pumping action?

Honestly I'm doing both. I love the thrill of anything outdoors and physical, and a perfect wind down from that is getting a little sun after a thrilling day.

What's the best piece of advice you've been given?

From my mum, who told me, "Don't look down when you're walking, look up. See the horizon, see the world."

**"THE KICK SPIDER
SILVA DELIVERED
TO VICTOR'S FACE
DEFINITELY SPARKED
MY INTEREST."**





WOMAN OF THE WORLD

STATUS UPDATE

NAME: **JAMILLETTE GAXIOLA**

FROM: **MEXICO**

LIVES: **LAS VEGAS, USA**

HEIGHT: **175CM**

THREE-WORD SELF-
DESCRIPTION: **"LOVING,
SARCASTIC, WEIRD."**

INSTAGRAM & TWITTER:
@JAMILLETTEG

'THE BEST OF BOND, BOURNE AND INDIANA JONES
IN ONE GRIPPING SERIES OF BOOKS.' – BEAR GRYLLS

BEAR GRYLLS



GHOST FLIGHT

WILL JAEGER WAS LEFT FOR DEAD.
NOW HE'S BACK FOR REVENGE.

get the whole story at hachette.com.au

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ROCKIN' THE CRADLE

BY CHRIS STEAD

W

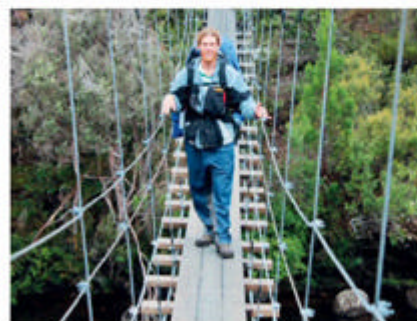
HILE FLIPPING THROUGH THE VARIOUS TYPES OF VACUUMED-DRIED MINCE IN A LAUNCESTON STORE, I OVERHEAR ANOTHER CUSTOMER RECOUNTING THE TORRID TREK HE'D

JUST COMPLETED. SLUGGING THROUGH SUB-ZERO, BLIZZARD CONDITIONS, FALLING SNOW OBSCURING ANY OF THE PROMISED JAW-DROPPING VIEWS... THIS, IN MID-JANUARY IN AUSTRALIA. CRADLE MOUNTAIN WHAT HAD I GOTTEN MYSELF INTO?

Truth be told, I had spent 15 years talking about doing the famous Overland Trek in Tasmania's Cradle Mountain-Lake Saint Claire National Park, and I was lucky I waited a week longer. Prepared for the worst, upon finishing the three-hour bus ride up to the start of the walk from Launceston, I am greeted by the rare - I'm told - sight of completely blue skies.

Some on the bus are starting their trek today - 8km and mostly up - to the first of the

huts acting as nightly waypoints during the seven day, 73km hike. I choose to spend the night in the basic, but totally liveable, cabins at the base station. This gives me the afternoon to explore Dove Lake, which sits at the base of Cradle Mountain, and go photo crazy on the sheer awesomeness of this geological marvel. It's the giant, twisted remains of some mighty volcanic upheaval; like someone had squeezed a molten zit a gazillion years ago.



Cradle Mountain is not the biggest or only mountain you'll trek past, up and around on our journey, but it is the one that captures your imagination. I highly recommend taking the extra day to enjoy it.

BIG UPS TO TASSIE

The Overland Trek is incredibly well thought-out and maintained. Setting off from the flats before Dove Lake, you scale up the side of the mountain itself before circling around and into the wilds beyond. For the next seven days you walk along a mix of duckboard, root-heavy dirt track, long chasms of tumbled rock and through large puddles of mud and water. It's clearly marked, but not worn out - a stack of effort has gone into leaving the ecosystem as untouched by man and you feel the respect on the whole journey. The Tasmanian people are to be commended.

Only 30 people a day can start the trek and, while you can take your time, once you've begun - and will no doubt see familiar faces every night in the huts - for long periods it's just you and the wondrous countryside, teeming with wildlife (cool wombats) strange echidnas, dangerous snakes, and some very cheeky possums. While they vary in length - usually 8km to 9km, with one epic 18km slog in the middle - each day starts and ends with a hut. You can sleep there on large communal wooden bunks with random strangers, and many a snorer, but you do have to carry a tent in case of an emergency.

If you prefer a tent, platforms around each hut keep you off the ground, out of the mud, and off the local environment (as much



as possible). Water tanks collect the most delicious rain water you'll ever guzzle, and there are pit toilets (no showers), but cooking equipment, toilet paper, electricity and so forth must come with you. Make sure to pack that extra camera battery and turn off your phone - there's no reception anyway.

The trek is littered with side-routes that explore hidden lakes, epic waterfalls and the tops of peaks - I particularly recommend Lake Will and scaling Mount Ossa. Each of these adds kilometres to the day but all are impressive. You can leave your packs at the main track as you venture off, which certainly helps but just be wary of the crows. I watched them expertly open the zips on a bag, pull out the contents and crack into the

food. Zipper down, kids, you've been warned!

THE FORGOTTEN WORLD

On Day Two, a relatively short day to Lake Windermere, I come over a rocky peak and the world goes Zen. Time stops. Below is a vista of untouched Australian countryside, from snow-kissed mountains, down ancient forested hills, past waterfalls and tropical jungles to a large lake nestled amongst *Sleepy Hollow*-like trees gnarled out by decades of harsh weather. The sky is a stunning blue, the sun hot on my neck, the breeze soft on my face. I spin 360-degrees to see nothing of civilisation or my fellow humans. And like the crests of some earthly crown, archaic peaks thrust from the landscape to dot the horizon

in every direction, fencing me in on this little paradise. This is truly breathtaking. It is one of the best moments of my life, and only one of many like this I experience during the trek. Time and time again it astonishes you.

A few hours later I swim in the lake and yeah, it is cold - balls to ovaries and all that - and you just know the water, so red it's almost black from the tannin leaked by the surrounding button grass, hid some painful secrets, but damn... talk about feeling alive!

I wake-up at dawn one morning, to get a head-start on a long day's hike, and witness a world reveal itself from beneath a blanket of clouds I stood above. I watch an entire rainbow rise and fall in one gully, as wallabies and wombats dig for a pot of gold beneath. I see one tree so huge it branches into five other trees, each of which will be called epic on their own. I flick at leeches, flap at mozzies, and even run from a snake - and yet I can't recommend it all highly enough.

COMMIT AND ENJOY

The Overland Trek is an all-in, all-out experience. There's no bins or shops. You carry in everything but your water, and you carry out everything that doesn't decompose in the eco-dunnies. My bag weighs 25kg going in, 18kg when I come out - others started at 14kg, so perhaps I ate better than them, or packed worse. Or, more than likely, both.

With the weather in good form, I trek in gym shorts and singlet tops most days, but at night it drops to zero and layers are added in a hurry. A diverse range of clothing is advised, especially as the weather can change in an instant. Over one pass, the wind suddenly goes all gale-force, sleet comes in horizontally and I can barely see past my hand for half an hour. Not the ideal conditions you want to be trying to burrow through a bag for thermals, take my word for it.

So you need a bit of everything, including good humour when a snorer keeps you up all night and a stack of fun stories to share with your fellow travellers. What you don't have someone will usually lend you, and you'll return the favour. At any moment one of you could do an ankle, get bitten by a snake, or worse. The comradeship is part of the fun and at the end of it all there is a restaurant and visitor's centre where you can undo all your good work with burgers and beer, easing the pain of the blisters.

The official website is packed with essential information and has a full list of recommended equipment. The track is closed from May to October but you have to book now - yes now - to reserve a space for Summer 15/16. I did the trek with my mum and dad, both in their sixties, and there were kids as young as 10 on the path. So grab whoever is willing, a map of Tassie (no, not THAT one), and get into it. ■





SOME LIKE IT ROUGH

WHY PEOPLE ENJOY BEING PUSHED
AND PULLED AROUND THE BEDROOM

BY ALEX PRESLEY

S

ince *50 Shades of Grey* took the country by storm this year, men everywhere are still reeling from the backlash (as in literal lashes on their backs from their girlfriend's sudden interest in BDSM). While the idea of BDSM is nothing new, if there's one thing Christian Grey has done for the masses, it's to make it easier for people to speak up in the bedroom. Forceful play (consensual forceful play here,

mates), is neither taboo nor risqué; it's a type of pleasure many of us crave and it turns out there are completely natural reasons why.

POWER

To get one thing straight, a wide variety of sexual activity falls under the BDSM umbrella. For some, it's a blindfold, for others, it's a belt. Regardless, the pleasure derived from rough sex mainly stems from the control as well as the submission of control. According to *Psychology Today*, we are born with either "passive" or "aggressive" predilections, so that "nurturing the recessive part of [our] rational beings may at times offer us satisfaction unavailable through enacting [our] primary circuitry." In other words, if you're a boss in the boardroom all day long, it actually makes sense that you would enjoy relinquishing the power and have someone boss you around instead.

Additionally, those with anxiety issues tend to lean more towards the submissive role in the bedroom as it feels like a relief to no longer have to worry about making the right or wrong decision. Conversely, those who relish the rush of power and control will ultimately get off on being the dominant.

INTIMACY

Critics say those who enjoy BDSM have been damaged or traumatised in some way. While this may sometimes be the case, it's more often quite the opposite. In fact, a 2013 Dutch study found that BDSM fans are more extroverted, more open to experience (obviously), more conscientious, less neurotic, less sensitive to rejection, more securely attached, and higher in subjective well-being. Another study even suggests that couples who partake in bondage had increased levels of intimacy.

DIVERSITY

"Nature loves diversity and society abhors it. There are many, many ways that people are wired for pleasure. We all have unique erotic fingerprints," says Nan Wise, a sex therapist and neuroscientist who studies the brain during orgasm. Even the best of sex can fall into a routine that your brain expects, regardless of position. "Unpredicted stimuli" fires up our dopamine receptors to give us sexual pleasure. Therefore, it's natural for the added bite, grab, spank, or hair pull to bring you to the next level.

Long story short? Get to spankin'.

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WHAT PEOPLE
ARE SAYING OVER
MY CASKET: "GOD,
THAT MAN LOVED
TO TAP DANCE."

GROOMING, CHERI KEATING/THE WALL GROUP; STYLING, ALIX HESTER

VINCE VAUGHN

How do you want to go? I can tell you how I don't want to go – waiting in line to pay parking tickets and having a light from the ceiling fall on my head. **Do you have any deathbed confessions?** I invented Twitter. **Will you be going to heaven or hell?** Heaven, because everyone knows it has a better food court. **Which movies are playing on repeat in heaven?** Heaven would be *Rudy*, and hell would be *The Cell*. **What's on the soundtrack in hell?** It would be someone asking these questions on a continuous loop put to techno music. **As the star of *True Detective* season 2, what's the one unsolved mystery you'd most like to solve?** If it's not butter, what is it? **What's the one thing you absolutely will not miss?** *iCarly*. **While alive, what did you spend the most money on?** Turning my living room into an exact replica of the set of *iCarly*. **Name one thing you're glad you'll never have to do again on Earth.** Stretching. **Where would you go on your last vacation, and why?** I would go to De Smet, South Dakota, to the home of the real *Little House on the Prairie* author Laura Ingalls Wilder to stand where her main character, Isaiah Edwards, once stood. As for why: I'm honestly not sure. **What are people saying over your casket?** God, that man loved to tap dance. **Got any last words?** Is there a bathhouse in here? ■



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